

Accolades

FOR ALUMNI & FRIENDS OF CHASS

A photograph of three people standing outdoors in front of a large, modern building with many windows. On the left, a man with short brown hair is wearing a light blue and white striped button-down shirt. In the center, a woman with long, wavy red hair is wearing a dark blazer over a green top. In the foreground on the right, a man with short grey hair is wearing a dark polo shirt. They are all smiling at the camera.

THE FASCINATING AGING MIND

Department of Psychology studies
shed light on how our minds change

Accolades

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On the cover: Psychologists Jason Allaire, Tom Hess, and Shevaun Neupert are researching the aging mind. See page 4.

Stay in touch! Find your class notes at www.chass.ncsu.edu/alumni. Please share your news and update your contact information using the online forms at this site.

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Krispy Kreme Challenge

They met at the Belltower, ran two miles down to the Krispy Kreme, snarfed a dozen doughnuts, and ran the two miles back. All in under an hour. And mostly without puking. What started four years ago with 10 buddies has grown to become one of NC State's most popular new traditions. The 2008 Krispy Kreme Challenge brought out more than 3,000 runners in January and raised more than \$20,000 for the North Carolina Children's Hospital. "We more than doubled last year's marks in participation and money raised," says Park Scholar and History major Carrie McMillan, who served on the organizing committee. "We are so proud of this new NC State tradition. It was a lot of fun to be out there running with the provost, and with so many students, alumni, faculty, and members of the community." Start practicing your rapid doughnut-intake method now: you're hereby invited to join the 2009 Krispy Kreme Challenge.



Support for Families of the National Guard

What happens to the family on the home front when mom or dad ship out to Iraq or other dangerous places? While members of the active duty military have many supports in place for spouses and children of those who are deployed, the National Guard has a shorter history of sending its members far from home for long periods of time and with great frequency. First Lady Mary Easley helped the Department of Social Work host a symposium in March to spotlight issues of concern for families of the National Guard: access to health care and education, post-traumatic stress, and community supports topped the list. "North Carolina is at the fore of caring for families of the National Guard," says Joan Pennell, head of the Department of Social Work. "We are one of only a few states in the country financially supporting centers that offer assistance to families of the National Guard. We have something to share with the community about caring for these children and families."

Bone Detective



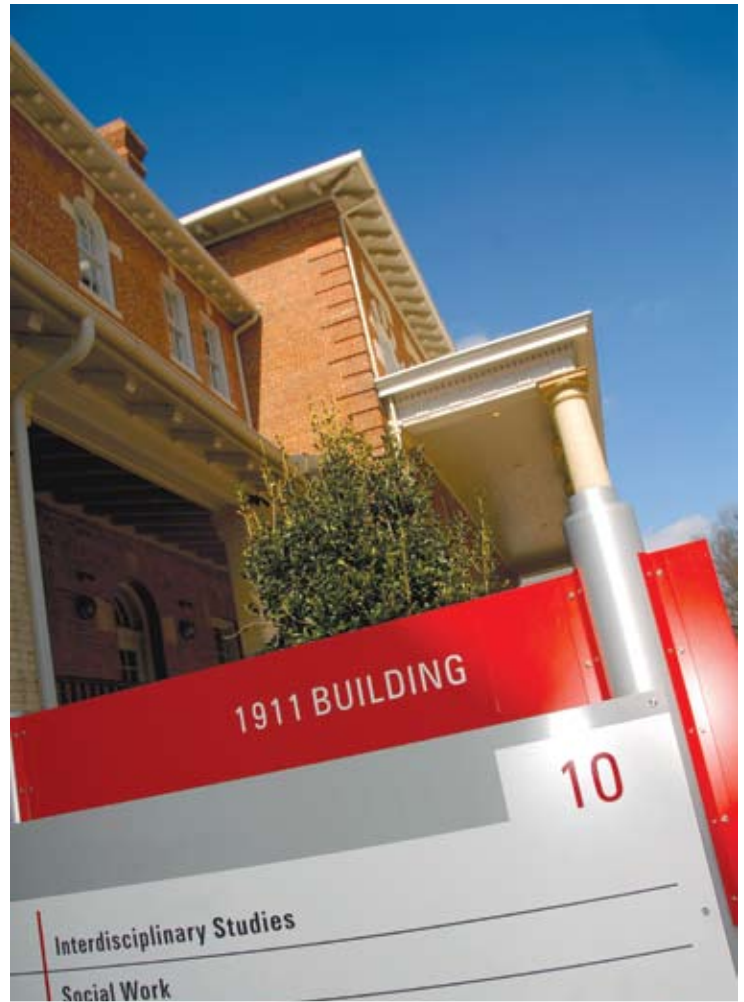
Archaeologist Scott Fitzpatrick starred in a recent episode of the Discovery Channel's *Bone Detectives*. The "Floating Cemetery" episode took viewers through tropical jungles and across coral seas to the remote island nation of Palau in Micronesia, where Fitzpatrick has been excavating a 3,000-year-old cemetery since 2000. "The Discovery Channel contacted me last spring to ask if I would work with them," says Fitzpatrick, pictured at left below excavating the site with series host Scotty Moore. "I helped Scotty and his crew scout locations around Palau and then worked with my team of Palauan archaeologists while they filmed." Fitzpatrick's team recovered nearly a dozen ancient skeletons there, along with prehistoric tools, weapons—some of which are pictured above—and food remains.

The *Bone Detectives* episode focused on a skull the crew found buried apart from the rest of the body. "Palauan oral traditions speak of warriors who were beheaded," Fitzpatrick explains. "The head was placed on a ceremonial platform within the village. During the episode, we tried to determine whether this person was decapitated purposefully."

Although he's not ready to ditch his anthropological career for Hollywood, Fitzpatrick enjoyed his foray into television. "It was really interesting to be a part of the show and see how programs like this are made. Hopefully we gave people a better sense of the kinds of exciting research our anthropology faculty are involved with at NC State."



photos provided by Scott Fitzpatrick



Renovations are complete! The 1911 Building is now the beautiful permanent home for the Departments of Sociology and Anthropology, Social Work, and Interdisciplinary Studies.

The building was one of the largest dormitories in the South when it was completed in 1909. It's named in honor of the Class of 1911, which effectively banned the practice of hazing new freshmen, setting a standard for campuses across the country.

CHASS will rededicate the 1911 Building this fall. You're invited!

Also coming for alumni and friends: Mark your calendar for our October 11 *CHASS Back to Class*. No tests, no pressure, just fun, fellowship, and lots of fascinating sessions packed into one full day. Stimulate your mind and catch up with fellow CHASS alums.

Check www.chass.ncsu.edu for details about these and other upcoming events.

Bikini Kansho

photo provided by Lisa Konczal



The Cannes Film Festival invited filmmaker Lisa Konczal (Comm '03) to screen her first documentary film during the 60th Festival de Cannes. Konczal represented the United States and was one of a handful of student filmmakers from around the world chosen to participate because of their talent and promise. Her film, *Bikini Kansho*, tells of the first hydrogen bomb test in the Bikini atoll. It documents the resulting nuclear contamination from Japan to San Francisco and the displacement of indigenous people, and the effects of nuclear testing on human health.

Early CHASS Grad Earns Highest Honor

One of CHASS's first graduates was among nine men and women to receive the 2007 North Carolina Award, the state's highest civilian honor, from Governor Mike Easley.

Burley Mitchell ('66) led a long career as a public servant following a rebellious youth: he left Raleigh's Broughton High School at 15 to join the Marines. (A routine security check revealed his age after he completed boot camp and he was sent back to school.) He later served in the Navy's first and seventh fleets in Asia. He pursued his education when he returned to North Carolina, earning a liberal arts degree from CHASS in 1966 and a law degree from UNC-Chapel Hill in 1969. After serving as a district attorney, Mitchell became a judge for

the North Carolina Court of Appeals. He put his judicial career on hold in the early 1980s to serve as Gov. James B. Hunt Jr.'s Secretary of Crime Control and Public Safety and was elected associate justice of the North Carolina Supreme Court in 1982. Gov. Hunt tapped him again in 1995 as chief justice, a position Mitchell held for four years. Mitchell is now in private practice with Womble Carlyle Sandridge & Rice PLLC.

Infertility Treadmill

photo by David Harwood



Nearly one out of 10 women deals with the heartbreak of infertility. Many willingly climb onto a treadmill of high-tech treatments in hopes of having a child. But why do so many women stay on that incredibly arduous and expensive treadmill long after the results are repeatedly unsuccessful? Professor of Philosophy and Religion Karey Harwood explores feminist ethics and infertility in *The Infertility Treadmill* (UNC Press 2007). "The use of assisted reproductive technologies, or ART, appears to be highly addictive for those who have the economic means to try it," she says. "This overconsumption is problematic for many reasons, including its impact on women's health. For those without health insurance coverage for infertility treatments and those who can't afford to pay for ART out of pocket, lack of access is the main problem—part of the larger issue of social justice and how health care benefits are distributed in this country."

Well Done, Miss NC

photo provided by Jessica Jacobs



You read about Communication graduate student Jessica Jacobs—who is also our reigning Miss North Carolina—in *Accolades* last fall. How did she fare in the Miss America pageant? Jacobs was a Quality of Life finalist, an honor due to the hundreds of hours she has logged encouraging reading and distributing gifts through the Read to Me program she founded. She was chosen to perform her ballet piece for 19 million viewers during the live television broadcast. And she was named fourth runner-up in the pageant. Well done! Jacobs is spending this year promoting literacy and carrying out her duties associated with her crown. CHASS looks forward to welcoming her back when her reign ends.

Dear Friends,

This issue of *Accolades* demonstrates some of the ways our alumni, faculty, and students are working to improve health and well-being.

From a film-maker whose documentary raises our awareness about the ongoing plight of those affected by nuclear bomb testing, to a public servant who leads the nation's OSHA efforts, our alumni continue to make us proud.

Here on campus, our psychology faculty are exploring how we adapt our thinking processes as we age. A sociologist is studying how the mentally ill could be better treated in our court systems. And as policymakers around the country will be interested in learning, faculty in our School of Public and International Affairs are researching how the nation will address the health care needs of retiring workers.

Our students are involved in improving health and well-being as well. CHASS students are taking the lead to form a campus group that will provide both information and resources to help us better understand mental illness. Through internships, other students are getting hands-on experience in providing emotional and community supports to critically ill patients. And by volunteering here and abroad, students are communicating their compassion and concern for those in need.

We value your reactions to our stories and your participation in our on-campus events. We also value your financial support of CHASS. Your contributions make a significant difference to our students and our faculty.

Thank you for your support. Enjoy your reading. Take pride in your College of Humanities and Social Sciences. And be in touch!

Toby L. Parcel

Toby L. Parcel
Dean



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THE FASCINATING AGING MIND

**“WE HOPE TO
CHANGE THE WAY
RESEARCHERS
AND SCHOLARS
THINK ABOUT THE
PSYCHOLOGICAL
EFFECTS OF
AGING.”**

Breakthroughs in understanding the aging mind will benefit us all.

Members of the Department of Psychology are delving into the mysteries of how our minds change and adapt as we age. They are intrigued by the mind’s incredible capacity to adapt to and cope with changes associated with aging.

Their insights are shedding light on real-life challenges, from how we process information to how we handle stress. Their contributions are leading to new understandings that will make everyday life more rich, enjoyable, and healthy for all of us as we age.

Here’s a sampling of how the Department of Psychology is studying the fascinating aging mind.

Distractibility and Your Aging Mind

Many studies support the adage, “older but wiser,” including a recent study conducted by Professor of Psychology Tom Hess and graduate student Cassandra Germain. They challenged the notion suggested by earlier studies that older people are more distractible and struggle more than the young to focus on a given task.

The earlier research showed adults having a harder time on a reading test in which they had to ignore irrelevant text interspersed within the main text. Germain gave older adults a similar reading test using text related to topics like social security and continuing education—topics of particular interest to older adults.

The results? The older adults performed just as well as younger participants. “When the content was of great interest to them, they were not distracted,” Hess says. “Older people may be more selective about how they expend their mental energy, so that when they are very motivated and engaged, they will often perform just as well as a younger person.”

This “selective engagement” means that as we age, we become more adept at identifying what’s important to us, and focus our resources accordingly. “We all become more selective, especially as we have less energy to do all that we want to do,” he says.

Hess has also gathered evidence that as we age, our minds work even better in certain situations. “Older adults use a different set of mental skills, or have developed special skills over the course of their lives,” he says.

For example, older adults are often more adept at reading other people. “Our research shows that older adults use subtle cues and past experience to determine a person’s honesty or trustworthiness,” Hess says. “They have learned the norms of their culture, and have a lifetime of experience from which to draw. ”

Problem-Solving and Your Aging Mind

Dr. Jason Allaire’s research is dedicated to helping seniors have what he calls more “successful aging.” That involves solving everyday problems dealing with financial management, proper nutrition, and keeping up with medications.

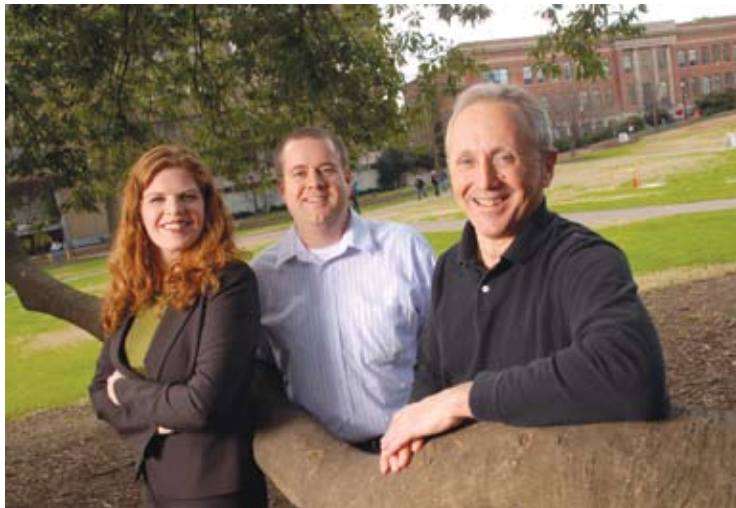
Allaire studies how people interpret information, and how that changes according to age. And he’s not talking about interpreting Greek. “I’m looking at real-world problems and issues elders deal with every day: How does a senior citizen process the nutrition information on a soup can label? How does he figure out when and how to take his or her heart medicine?”

His research has shown that the ability to solve these real-world problems is associated with maintaining independence and even with mortality. That is, those who had less everyday knowledge pertaining to proper medication use, financial management, and nutrition were more likely to have died over the past 15 years.

We all know that some days are better than others. But why? It’s a question of particular importance to Allaire, who says that as we age, we tend to vary more in our day-to-day functioning. “It’s widely held that the more people fluctuate, the worse their overall health and well-being becomes,” Allaire says. “So I’m looking at what might predict those day-to-day changes, and the outcomes on older adults’ daily lives.”

In his ongoing data collection, Allaire has found that older adults are not consistent in their ability to solve everyday problems and that such variability might be related to stress, negative emotions, and even high blood pressure.

Psychologists Shevaun Neupert, Jason Allaire, and Tom Hess are dedicated to helping seniors have more successful aging.



IS AGE A FACTOR IN HOW WE COPE WITH THE INEVITABLE BUMPS OF EVERYDAY LIFE?



Allaire is also deeply committed to studying aging in under-represented populations such as older African Americans. In collaboration with Dr. Keith Whitfield, his colleague at Duke University, Allaire is examining the links between cognition, health, and mild cognitive impairment in older urban African Americans. “Researchers are too often interested in finding differences between groups of people without first studying the people that make up those groups,” he says. “Not enough research has been conducted specifically in minority populations.”

Stress and Your Aging Mind

No matter our age, stress affects our daily moods and our physical well-being. But is age a factor in how we cope with the inevitable bumps of everyday life?

Dr. Shevaun Neupert says yes. She has surveyed more than 1,000 older adults across the United States, who weighed in through daily diaries. “Stress matters,” she says. “It definitely wears on us. But it does seem to have different ramifications across the lifespan.”

Neupert is curious about how people respond to various types of stress. Is it their perception of how much control they have over the events, or their age, or something in their personalities?

Neupert says middle-aged and older adults reported fewer arguments in their daily diaries than did their younger counterparts, and seemed less affected by interpersonal strife.

“Older adults may be better at regulating their reactions,” she says. “They are aware their time on earth is limited. They may have decided it’s more important to maintain relationships than to win an argument.”

Neupert also found that older adults are more deeply affected by stress involving their social networks—the illness of a loved one, for example, or the divorce of long-time friends. “It could be that older people have fewer stressors, so the ones they experience loom larger. Or as they see more of their friends become ill, the stress has a cumulative effect.”

Regardless of the reasons, Neupert sees that memory doesn’t serve as well on days when more stressful things happen. “For older adults, that affects such important things as remembering to take critical medications,” she says. “Over time, stress can lead to other life-diminishing problems such as depression. If we recognize this, we can build in some supports and buffers.”

Research that Changes Minds

Psychology Department Head Doug Gillan says the research taking place at NC State has taken a different path in its approach to studying cognitive change with aging. “The dominant approach has focused on the use of relatively meaningless laboratory tasks to identify the nature and extent of cognitive decline in later life,” Gillan says. “In contrast, Tom Hess, Jason Allaire, Shevaun Neupert, and other colleagues and their students are examining functioning in real world contexts and with complex, meaningful tasks.”

As the CHASS researchers examine the interplay between negative and positive aspects of aging, they hope to learn how healthy older adults adapt to changes. Gillan says that by training a number of outstanding undergraduate and graduate students and postdoctoral fellows, “we hope to change the way researchers and scholars think about the psychological effects of aging for generations to come.”

YOU CAN HELP

Want to help further research around the aging mind? You may qualify for one of the Department of Psychology’s many studies. Call 919.515.6141 or email adult_dev@ncsu.edu to learn more.

RETHINKING THE PARENTAL UNITED FRONT



Parents, you know the drill. You've read it in all the how-to books. When it comes to children, you should always present a united front.

But that thinking is getting a new look. Dr. Amy Halberstadt, professor of psychology, is finding that a young child—especially one who's having a fit, or who's feeling particularly blue or anxious—could benefit when his parents don't respond in the same way.

Halberstadt's research could cause parents, doctors, child psychologists, and others to rethink the common wisdom. "I was always taught to believe that both parents should agree on everything, have a united front, and present one voice," she says. "Our study indicates that maybe parents don't always need to be one voice, and that differentiation might actually be a good thing for children."

Halberstadt, who conducted her research along with colleagues from the University of Illinois and the University of Michigan, found that children who experienced different reactions from their parents in response to emotions such as anger, sadness, anxiety or sorrow tended to manage their emotions better, and to get along better with friends. The results were recently published in the journal *Child Development* (September 2007).

When one parent responded to their child by providing a lot of support—whether through acts of comfort or by offering suggestions on how to solve the problem—and the other parent provided more quiet support, the child better understood his or her own emotions and experienced less conflict with friends. When both parents provided a lot of support, however, children didn't process their emotions as well and exhibited more conflict with peers.

"When a child sees their parents responding in a different manner, it may promote more complex thinking in social situations on the child's part," Halberstadt reflects. "If they see one parent responding one way and the other parent responding another way, children begin to understand that

**"PARENTS DON'T
ALWAYS NEED TO BE
ONE VOICE."**

there are different ways to approach and respond to things in their environment."

Halberstadt is quick to note that being more hands-off in this way does not mean punishing or minimizing a child's feelings. "Those kinds of responses had no benefit for children," she says.

Halberstadt's findings highlight the importance of understanding how parents may influence their children's ability to manage their emotions.

"Negative emotions in children are inevitable," Halberstadt says. "We are hopeful that our study will shed new light on how parental responses affect children's capacity to understand and process their own emotions and the emotions of others."

ADVOCATING AWARENESS

A new student group promotes understanding and awareness of mental illness.



Most mental illnesses—major depressive disorder, schizophrenia and bipolar disorder among them—first show up during the college years, among 18 to 25 year-olds. Depression and anxiety are the most common disorders seen on campuses nationwide.

So even though it's not easy to talk about illnesses of the mind, we have to. The stakes are too high.

CHASS social work and psychology students have formed a campus group to advocate for awareness of mental illness, and to promote campus resources that can help those who suffer. They want the community to understand that mental illnesses can't be overcome through willpower, and that they aren't a result of a person's character or intelligence.

NAMI On Campus is a chapter of the National Alliance on Mental Illness, which has more than 210,000 members in 1,200 affiliates across the country. "We want to destigmatize mental illness and dispel some of the myths that surround it," says Tim Riggins (Psy '07), a student in the Department of Social Work and president of the newly-sanctioned campus organization. "We are advocating awareness and understanding of mental illnesses, and promoting the mental health services available through NC State's Counseling Center. We welcome new members!"

Riggins says he was impressed with NAMI's medical model in addressing mental illness. "Mental illness is like any other illness. We want to get accurate and helpful information out there to counteract the ignorance and fear that results in a lot of stereotyping, and a lot of shame."

Alumna Jennifer Rothman (Psy '07) is a program director for NAMI-NC and is lending support. "NC State is one of the few campuses in the UNC system to form a NAMI campus group," she says. "Especially in the aftermath of the Virginia Tech tragedy, when a severely mentally ill young man took the lives of so many students last year, we need to put some weight behind educating people about mental illness—what some of the signs are, where the resources are."

Assistant Professor of Social Work Willa Casstevens serves as faculty advisor to NC State's NAMI On Campus chapter. "We have a very dedicated core of student organizers here who are committed to getting out accurate and helpful information about mental illness and mental health across campus," she says. "We need practitioners, social workers among them, to support and treat those who struggle with these issues. But we also need advocates who can challenge stereotypes and encourage people to engage in open dialogue about such topics. It is extremely heartening to work alongside this group of dedicated and concerned students."

Casstevens' own work focuses on helping clients who hear voices. She is author of the newly published book, *A Mentored Self-Help Intervention for the Management of Psychotic Symptoms: An Evaluation* (VDM Verlag, 2007). "I am committed to research that explores strengths and capabilities inherent in the individual," she says. "All too often, we swing towards a view of mental illness that emphasizes biology and discounts resources that individuals, families and communities have and can develop. This can lead to hopelessness and despair, compounding original problems and diagnosis. Public education and awareness are vital to reducing the stigma and myths associated with mental disorders."

NAMI On Campus will work with NC State's counseling center to hold mental health fairs, conduct seminars, and hand out information during move-in days and other times throughout the year. "We know students are under a lot of stress, and many suffer with anxiety, depression, and other mental health problems," Tim Riggins says. "We all have issues. We want to let students know help is available. And there is no need for shame."

RESOURCES ARE AVAILABLE:

www.ncsu.edu/counseling_center

nami@chass.ncsu.edu

Get the Facts About Mental Illness

The term "mental illness" describes a wide variety of disorders identified by severe disturbances in thinking, feeling, behaving and relating. These disturbances make it difficult to cope with ordinary demands of life.

Mental illness is not the same as mental retardation. People with mental retardation have a lower intellectual capacity, usually present from birth.

Those with mental illnesses are generally of normal intelligence—some are brilliant—although illness symptoms may hinder their performance.

Mental illnesses can affect people of any age, and they can occur in any family.

According to a report by the Surgeon General's office on mental health, 22 to 23 percent of America's adults—44 million people—have diagnosable mental disorders. Based on these estimates, more than 1.5 million North Carolinians have a mental illness. About 680,000 of them experience some functional impairment because of their illness.

The causes of mental illnesses are not well understood. One belief is that improperly functioning chemicals in the brain—called neurotransmitters—are the most likely cause.

Research has discredited the once common theory that family interaction and early childhood training cause mental illness. Many disorders likely result from a combination of biological and environmental factors.

Mental illnesses may be inherited, as can other medical conditions such as diabetes and cancer. In a vulnerable person, stress may contribute to the onset of mental illness. Recreational drugs may trigger the onset of a mental illness, but are unlikely to be the single cause.

There are no cures for mental illnesses, although for some individuals, symptoms gradually improve or remit over time. Until the causes are better understood, it is difficult and perhaps impossible to prevent them. Fortunately, treatments are available which can substantially improve the quality of life and the ability to function for people diagnosed with these disorders. The most effective treatments often combine drug therapies with psychotherapy or supportive therapy, and structured social supports.

This information provided by NAMI-NC.



ALUM ASSURES **SAFETY** AND HEALTH OF THE NATION'S WORKERS

photo provided by Ed Foulke

Since President George Bush appointed him to head the Occupational Safety and Health Administration (OSHA) in 2005, Edwin G. Foulke, Jr., (Poli Sci '74) has navigated the agency through some rough waters.

The aftermaths of the Sept. 11 tragedy, Hurricane Katrina, and the collapse of the I-35W bridge in Minneapolis are among the largest events any OSHA head has faced.

And then there's the day-to-day workload of ensuring the health and safety of Americans in the workplace. Make that

seven million offices, factories, shipyards, hotels, hospitals, concert halls, and construction sites across the nation.

Foulke oversees more than 2,200 health and safety professionals who work to assure the safety and health of private and public sector employees. OSHA sets and enforces standards; provides training, outreach, and education; establishes partnerships; and encourages continual improvement in workplace safety.

Sound daunting? Ed Foulke knows how to go the distance, and he says he got good training for it at NC State. In addition to his class work as a political science major, Foulke was an All-American swimmer here in 1973. "The discipline I learned from NC State has helped me immeasurably to meet many challenges throughout my adult life," Foulke says, "and the friendships I developed at State remain strong today."

Although Foulke holds law degrees from Loyola and Georgetown University, he credits his undergraduate political science classes with giving him a firm foundation. "My classes at NC State initiated me into the workings of Congress, and grounded me in the ways of interagency operations," he says.

Foulke returned to campus earlier this year to deliver a public lecture about his work and to visit with political science

faculty and students. He also made time to honor his former swim coach, Don Easterling. Foulke joined other former NC State swimmers on the field at Carter-Finley Stadium during the Virginia game to present their former coach with an endowed scholarship they had created in his name.

Back on the job in Washington, Foulke interacts regularly with the White House, the Office of Management and Budget, Health and Human Services, and the Centers for Disease Control and Prevention.

But his work often takes him across the country and around the world. He recently traveled to Beijing to participate in the first China International Forum on Emergency Management and Rescue.

Again, he credits NC State with preparing him for this work. "My undergraduate education in international relations gave me the skills to operate effectively with people coming from other political systems and sensibilities," he says.

Foulke says leading OSHA is "satisfying as well as challenging work. I think our efforts are paying off. Workplace fatality rates are at an all-time low and injury and illness rates continue to decline. Of course, we want to prevent injuries from happening in the first place, to see every working man and woman go home at the end of the day to friends and family, safe and healthy. That goal has not changed in the 36 years of OSHA's existence."

What has changed are the work sites themselves. OSHA's creators likely envisioned that its major impact would be in factories, warehouses, and construction sites. The agency's early development of standards focused on these industries because that's where most Americans worked.

But the economy has evolved more on the technological and service sector fronts. "Advances in materials technology, such as nanotechnology, have presented new workplace hazards," Foulke says. "OSHA has responded by applying reliable, core principles of occupational safety and health to emerging production methods and scientific discovery."

Then there are the natural and man-made disasters: the tragedy of Sept. 11, 2001, the hurricanes in 2005, and last summer's Minneapolis bridge collapse. "During these emergencies, OSHA worked to protect the responders and the clean-up crews," he says. "The agency was there to provide professional technical assistance, support, and a wide range of information and training."

More challenges await. Foulke says OSHA is currently working to help America's workforce prepare to meet the potential threat of an influenza pandemic, should one occur. "We have developed two major guidance documents on pandemic flu," he says. "One addresses general industry practices. The other considers the specific needs of employees working in the health care industry. In all that we do, we put the workers' health and safety first."

"WORKPLACE FATALITY RATES ARE AT AN ALL-TIME LOW AND INJURY AND ILLNESS RATES CONTINUE TO DECLINE."

NC State Named One of Eight National OSHA Training Sites

In January 2008, OSHA named NC State University as one of eight new training institute education centers in the country. The College of Engineering's Industrial Extension Service will operate the center at NC State.

The fact that Foulke is an alum had no bearing on NC State's winning. However, he's proud that his *alma mater* was selected through the national competition. "OSHA chose NC State because of its occupational safety and health experience, continuing education background, classroom and laboratory availability, and its ability to provide training throughout the southeastern United States," he says.

The center will train participants from construction firms, manufacturing, state agencies such as the N.C. Department of Transportation, community colleges, and any organization that wants someone on staff to help them stay OSHA compliant.



MENTAL HEALTH COURTS

Virginia Aldigé is an expert on
mental health courts.

**“THESE COURTS
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ILL DEFENDANTS
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Since mental hospitals began closing their doors for long-term care in the 1960s, more and more people suffering with mental illness have been arrested and jailed. Today, some jails in metropolitan areas such as Los Angeles and Chicago typically house more people with mental illness than any state mental hospital on any given day.

Distinguished Professor of Sociology Virginia Aldigé (Hiday) believes a lack of good services and treatment for the mentally ill lies at the root of their crimes. “Even though psychiatric symptoms propel only a small proportion of their offenses, the mentally ill are at a distinct disadvantage in their ability to function and cope with difficult situations,” she says. “That leads some to criminal behavior.”

Most of the criminal charges against those with mental illness are not serious or violent. “They are usually charged with nuisance crimes, like loitering at a mall, talking to voices they hear, panhandling, or otherwise bothering shoppers,” she says.

Aldigé says an equal number of ‘survival offenses’ occur—crimes committed just to eat or gain shelter. “Many of these

people can't work," she says. "They don't have an income. They are homeless. So they do things like steal food, or leave a restaurant without paying, or break into an empty building to get out of the cold."

The rate of substance abuse is particularly high among the mentally ill, so arrests are also made related to buying and using drugs, or with alcohol-fueled fights.

So they're arrested and thrown in jail. And once they're behind bars? If they receive any mental health treatment at all, it is likely a poor substitute for what they need. "These people who are already living on the margins of society have fallen into a vicious cycle, going from jail to the streets and back again," Aldigé says.

Seeing that jail time was not deterring mentally ill offenders from repeat behaviours, some court systems across the country have begun developing programs to divert them away from the criminal justice system and into treatment. Since the late 1990s, more than 100 jurisdictions have created mental health courts to address problems unique to the mentally ill with treatment, support services, and court monitoring.

Aldigé has studied the development and success of these special courts extensively and advocates their use. She shares her expertise with judges, policymakers, attorneys, and other researchers.

"Mental health courts can break the cycle of criminal behavior," she says. "Studies have shown mental health courts reduce both the rate of arrest and the severity of the arrest. They divert mentally ill defendants into community treatment and provide services that reduce repeat offending. They also reduce jail and prison crowding, court workload, and criminal justice costs."

The special courts use a separate docket to deal with mentally ill defendants, who must voluntarily agree to participate, to follow a treatment regimen, and to be monitored. Court proceedings are non-adversarial: judges, defense and prosecuting attorneys, criminal justice officers, mental health practitioners, and other service providers take a team approach to providing direction, encouragement, rewards, and sanctions to the offender.

The team reviews cases before each court session. They discuss every defendant's progress. Are they cooperating with their treatment? Are there behavioral changes that merit changes in treatment? Then they decide what the judge should say to the defendant in open court to assure compliance. "Some defendants might need encouragement and praise, or even a reward," Aldigé says. "Others respond better to a reprimand, a warning, or sanctions." The judge speaks directly to each defendant about expectations and engages the defendant in solving problems that could hinder progress.

Aldigé says the team can anticipate some failure and should offer multiple chances. "They need to stand ready to help defendants try again, but also to use a variety of sanctions. That might mean more frequent court appearances or reporting, cur-

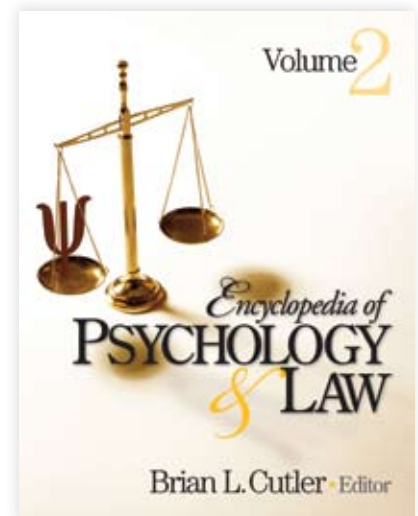
fews, and even some overnights in jail. The team uses a variety of methods to enforce compliance and to maximize motivation to change."

Aldigé stresses that mental health courts don't just see that the offenders get treatment and support for making behavioral changes. They also need services. "They may need help getting into more supportive living situations, or enrolling and getting to a vocational training program," she says. "Many are not getting services for which they are eligible—disability, social security, and the like."

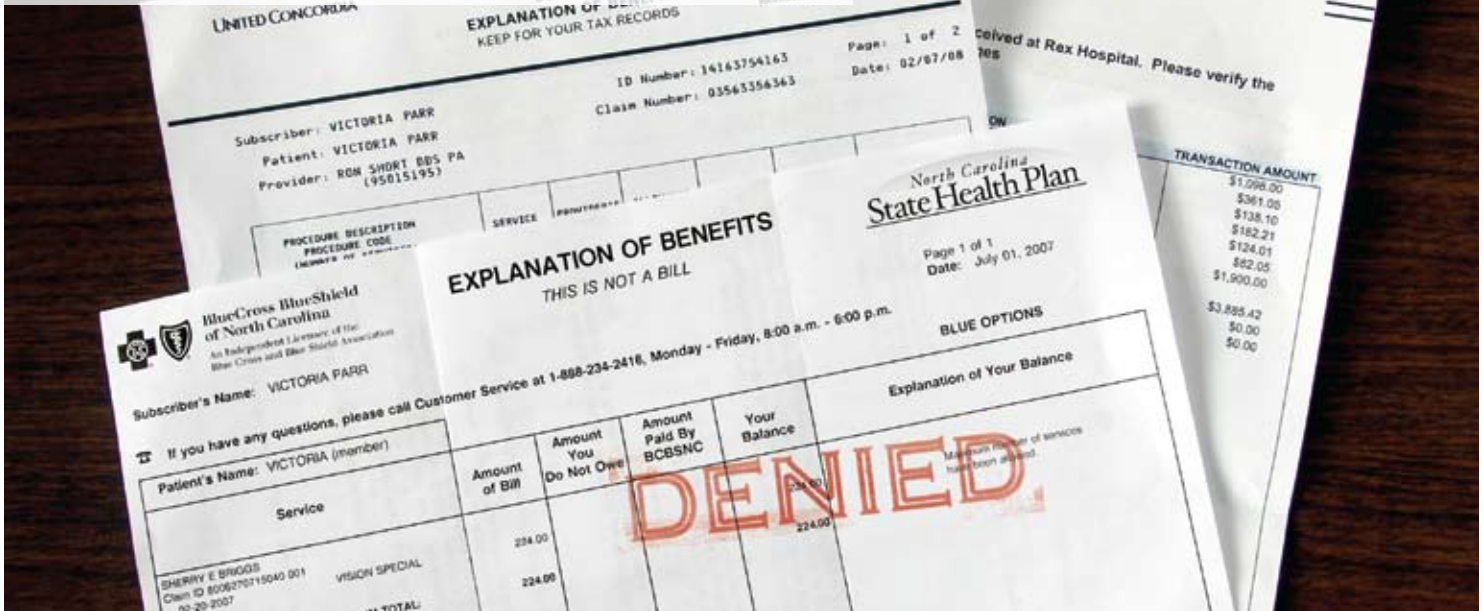
Those who complete their required treatment graduate from mental health court. Charges are dismissed, probation ends, or the sentence is dropped. Those who do not comply with the court's requirements, even with lots of chances, often end up in traditional criminal court and may face prison time.

"When they work well, mental health courts are by far the better approach for the mentally ill," says Aldigé, who has studied courts from Orange County, North Carolina, to Idaho Falls, San Francisco, and the Bronx. "All show that mental health courts have a positive effect."

Dr. Virginia Aldigé (Hiday) is an expert on the subject of mental health courts. In fact, she wrote the book—or at least the encyclopedia entry—about them. Dr. Brian Cutler, professor of psychology at the University of North Carolina at Charlotte, served as editor of the recently published *Encyclopedia of Psychology and Law* (SAGE Publications, 2008). "I asked Dr. Aldigé to write the encyclopedia entry about mental health courts because of her knowledge and the quality of her work," he says. "She has a very strong reputation for her work in this field."



RETIREEES SAY: SHOW ME THE BENEFITS!



Despite assurances of health care and other benefits to current and future retirees and their families, most state and local governments across the country are facing major shortfalls in funding the promised benefits to public workers in their retirement years. Many health care plans are significantly under-funded, in some cases by billions of dollars, and costs are rising faster than inflation.

Given these harsh realities, a team from the School of Public and International Affairs (SPIA) is assessing the challenges that state and local governments face in meeting their benefit obligations.

“The biggest financial issue facing state and local governments over the next decade is how to resolve pension and health care deficits,” says SPIA director Dr. Richard Kearney. “For years, they have promised retiree health benefits without accounting for the costs. Some states are tackling the problem as a critical issue, but others are ignoring it and hoping it goes away.”

Kearney’s research team is collecting and analyzing data from all 50 states and a representative sample of local governments. They will assess costs and future funding liabilities and explore alternative plans and approaches. Their research is funded through the Center for State and Local Government Excellence.

“Governments are under more pressure to be competitive with the private sector in hiring and retaining employees,” he says. “They’re facing a mass exodus of workers in the coming years as baby boomers approach retirement.” North Carolina is no exception. Coincidentally, many state and local governments are seriously considering the reduction of retiree benefits, which could make government employment less desirable.

MANY HEALTH CARE PLANS ARE SIGNIFICANTLY UNDERFUNDED.

“We intend to understand the scope of the problem and to provide recommendations for political leaders to consider,” Kearney says. “There will be desperate measures down the road for state and local governments that don’t properly address these issues soon.”

NEPHROLOGIST SUPPORTS SOCIAL WORKERS

As a nephrologist, Dr. Leland E. Garrett, Jr., (Chem Eng '71) specializes in the function and diseases of the kidney. As a man concerned with the well-being of his patients, he believes social workers are key members of his team.

Garrett and his wife established the Leland E. and Nancy Garrett Scholarship Endowment through the Department of Social Work to support graduate social work students. The endowment is geared toward students who work in dialysis clinics, or who may be interested in pursuing social work with patients experiencing renal failure.

“Social workers are certainly part of the treatment team,” he says. “Kidney patients can have numerous social issues, like emotional problems that are clinically oriented, or having trouble becoming acclimatized to dialysis. Besides that, social workers can help patients navigate the morass of government bureaucracy.”

Garrett remembers completing a paper on kidney research when he was a student in NC State’s chemical engineering program. That project inspired him to become a physician—which, in turn, led to his desire to give back to his *alma mater*.

“We use social work so heavily in what we do,” Garrett says. “That’s why we decided to start the scholarship.” Garrett gives of his time to CHASS as well. This year, he started his third three-year term on the CHASS Advisory Board.

Garrett, who earned his medical degree at the Medical University of South Carolina, is a partner at Wake Nephrology Associates.

by Kristine Seawell



Dr. Leland Garrett, Jr., has established a scholarship to support social work students.

While working a job at the VA hospital, Eugenia Hatley became interested in social work. She decided, after 18 years, that it was time to return to graduate school.

As with many grad students, Hatley is grateful for the opportunity to explore a new career—but she’s even more grateful to have received the Leland E. and Nancy Garrett Fellowship to help ease her way.

“I’m so honored,” she says. “The scholarship has been really helpful, and I’ve discovered how much I enjoy social work.”

Hatley says she’s interested in how nephrology relates to substance abuse, since it’s known that substance abuse can cause renal problems. Patients often need social workers to help them overcome various mental and physical problems—everything from dealing with expenses to coping with life-altering medical procedures.

“Nephrology patients really need an advocate,” Hatley says. “I’m just grateful that I can be in a position to help.”

PERRY SAFRAN: DISTINGUISHED ALUM DIEHARD SUPPORTER

WHERE'S PERRY?

Even if you hadn't heard of Perry Safran before now, chances are you've seen the impact he's had on campus, across the capital city, and throughout the region. Take a look at some of the landmarks that bear his fingerprints:

RBC Center: Cheering on the Pack, the 'Canes, and your favorite rock and roll band is made possible by Safran's own big victory, since he helped spearhead the venue's planning and construction.

Doak Field: Not only is NC State's baseball stadium named after his grandfather, Safran is also helping to raise money for renovations.

Carter-Finley Stadium: Safran lent his legal expertise to the building oversight committee during renovations, ensuring the Wolfpack can continue to storm the football field.

Future highway expansions: As a member of the NC Transportation Authority's Board of Directors, Safran's work may soon shorten your daily commute.

Perry Safran (Poli Sci, '72), one of the country's leading construction law experts, sits at a long conference table in his Raleigh office.

Behind him, rows of legal tomes line dark shelves. It's the picture-perfect image of a serious attorney at work—except Safran is wearing a sweater with a bright NC State logo emblazoned on the front.

Perhaps the scene should be amended to say: it's the picture-perfect image of an NC State fan at work. He just happens to be a top attorney.

Certainly the two aren't mutually exclusive, but Safran has taken both his career and his love for NC State to a whole new level; he's dedicated himself to making an impact in his field as well as on his *alma mater*. Around CHASS, Safran has earned a reputation as a dedicated supporter and a reliable volunteer—someone who recognizes a need and jumps in to help.

Flash back 40 years, when Safran was a political science undergrad. He showed the same signs of dogged determination when, upon realizing the *Technician* didn't cover soccer, he showed up at the news office with pen in hand, willing to cover the sport himself. It wasn't long before Safran became the *Technician's* news editor.

"I met some of my closest friends there," he says. "Some of my best memories at NC State are of working at the paper."

Even though his journalistic tendencies didn't stick, Safran's tenacity started him down a path that would lead to big things. Not only did he become an attorney, he also became a national expert on legal issues related to the construction industry. Not only did he become active in his community, he also became a council member and a pivotal advocate for city-wide projects, including the RBC Center. And not only did Safran become a CHASS supporter, he also became the go-to man when there's a need for help.

After graduating from NC State, Safran worked for his father in the construction industry. He originally thought he would land a career balancing business and construction, but after earning an MBA and a law degree, he decided to start his own legal practice and specialize in construction law.

"I was always going to do something with construction," he says. "After all, I'd worked in the business since I was 15. I knew the people, and I knew the business, and before long I was representing the people in the business."

Safran did more than that. He became one of the top movers and shakers in the industry. His work impacted everything from the NC Bar Association, which agreed to establish a concentration in construction law, to various legislative issues.

Safran's involvement with CHASS began shortly after law school. He was lured back to campus with an offer to teach construction law, and went on to serve for seven years on the CHASS advisory board, including several stints as president. He is currently on the CHASS Achieve Campaign steering committee.

Last fall, Safran was named CHASS Distinguished Alumnus during the NC State Alumni Association's annual event recognizing alumni who have made a tremendous difference in the life of the university.



Perry Safran was named CHASS distinguished alumnus during the NC State Alumni Association's annual gala.

"I never forgot my roots," he says, "and then it wasn't long before I started trying to get more alumni to come back and remember their roots. Then I got involved with fundraising, and my involvement eventually became more hands-on."

As part of his support, Safran recently made a deferred \$330,000 undesignated gift to CHASS, which will help the college immeasurably. Despite his generosity and dedication, however, Safran remains uncomfortable with being in the spotlight, preferring to point out the strengths of others. He firmly believes the leadership at CHASS continues to steer the university in the right direction.

"They're making NC State into a dream come true—it's the most exciting I've ever seen it," he says. "We have a chancellor who cares, a provost who understands, and a dean who's tireless. That's why the university is in good hands. I'd say this is one of NC State's best times."

by Kristine Seawell

CAMPAIGNING FOR THE FUTURE

While the university surpassed its \$1 billion goal last year, CHASS has until June 30, 2008, to finish our campaign. We've made very good progress, but we still need your help.

The \$12 million CHASS campaign is about supporting our students through scholarships. It's about providing funds and infrastructure so faculty can teach and conduct their research. It's about launching new programs like International Studies and supporting our stellar Creative Writing program. And it's about supporting the programs that provide thousands of young people with a liberal arts education second to none.

CHASS has raised \$10,700,000 toward our goal. Contributions have ranged from \$5 to more than \$1 million. Every gift is as unique as its giver. And every gift matters.

Here are a few highlights of the campaign to date:

- > Kathy and Herb Council established a \$1.3 million charitable remainder trust to endow CHASS merit scholarships. Kathy co-chairs the CHASS Achieve! Campaign.
- > The SAS Institute endowed a \$1 million Distinguished Professorship in Rhetoric and Technical Communication.
- > The A.J. Fletcher Foundation contributed \$1 million to develop the Institute for Nonprofits.
- > The John W. Pope Foundation is supporting a joint program between CHASS and the College of Management that promotes dialogue on topics of political and economic interest.
- > High school senior Garrett Parrish organized a fundraiser to support the Brandon 'B' Lee Sovia Memorial Scholarship. Garrett's neighbor Brandon was an NC State student before he died in a 2004 automobile accident.
- > The David and Celia Jolley Enhancement Endowment will enable CHASS students and faculty to use the Colonial Williamsburg Foundation's extensive resources to study

NC State is wrapping up its most ambitious fundraising effort in the university's history. The *Achieve!* Campaign has raised more than \$1 billion to date.



early American history and political systems. The endowment also provides CHASS scholarships for North Carolina residents. The Jolleys executed a deferred gift to create this endowment.

- > Former Psychology Department Head David Martin established an endowment providing discretionary funds for his department.
- > CHASS Advisory Board member and campaign co-chair Chris Hamlin and her husband Bill are completing a five-year pledge that provides discretionary funds and support for junior faculty.
- > Alumna Jenny Cheng ('00 MDS) made gifts matched by her employer to endow a college-wide undergraduate scholarship.
- > Professor of English and Department Head Tony Harrison and members of his family have established an endowment to support an undergraduate scholarship for English majors.
- > Retired Professor of Sociology and Associate Dean Emeritus Mohan Sawhney and his wife Sharda established an endowment to support students studying abroad.
- > CHASS Advisory Board members have contributed to the campaign, including David Flynt ('70, Soc), with a will bequest that provides discretionary funds; Betty Fried ('83, Eng), with a will bequest that supports the Creative Writing program; Mary Jones, with an endowment that will provide the college with discretionary funds; and Cliff Leath ('72, His), with a deferred gift of life insurance supporting the Department of History. You'll find stories of other members' philanthropy elsewhere in *Accolades*.

"We are grateful to all our alumni and friends who have already become part of the Achieve! Campaign," says Dean Toby Parcel. "We are fortunate that the state of North Carolina is so supportive of higher education. But even with this support, our aspirations continue to outstrip our means. Providing the

best possible education for CHASS students in the 21st century will require private support, and this support will make the difference in achieving the higher level of excellence to which we aspire."

Nevin Kessler couldn't agree more. As NC State's new vice chancellor for advancement, Kessler is leading NC State's final year of the Achieve! campaign. "It is an outstanding accomplishment to have already surpassed the \$1 billion mark for the Achieve! campaign," he says. "Reaching this goal—over a year earlier than anyone suggested was possible—sets new expectations for NC State. One of those expectations is to strengthen the foundation of CHASS and NC State by building our endowment. As we look beyond the final months of this campaign, the university will bring renewed focus on raising private funds to endow professorships, scholarships, and programs that support its ambitious goals."

**EVERY GIFT, LARGE AND SMALL,
BRINGS US CLOSER TO
THE GOAL. HELP CHASS
ACHIEVE. YOU CAN
CONTRIBUTE SECURELY AT
www.giveto.chass.ncsu.edu.
OR USE THE ENCLOSED
ENVELOPE TO MAIL YOUR GIFT.
FOR MORE INFORMATION,
CONTACT US AT 919.515.5973.**

GIVE NOW OR LATER

How to Endow a CHASS Scholarship

Scholarships and fellowships—financial aid based on need or merit—are essential to the future of CHASS. Our college, rich in so many ways, still needs funds to support needy students and to attract exceptional students.

You can help by contributing to an existing scholarship, or by endowing one. A new scholarship can be established with a minimum gift of \$15,000. Your gift will be invested in perpetuity, growing the principal and producing income available for spending.

Donors can fund endowments as a single gift. Or you can pledge to spread the payments over several years. Endowed funds can become family traditions, with succeeding generations adding gifts to the principal established by a founding donor.

Outright contributions, including cash, securities, real estate, and personal property, are all gift-giving options. Deferred gifts such as charitable trusts and will bequests are also popular ways to establish an endowment or add to it in later years.

These instruments provide different tax and life income opportunities. All should be investigated with an accountant or attorney familiar with tax law.

The CHASS development office will be happy to provide further information and assistance to you and your counsel. Contact us at 919.515.5973 or katherine_whaley@ncsu.edu.

CHASS ACHIEVES! CAMPAIGN GOALS

Scholarships	\$4,000,000
Faculty Support and Research	\$4,000,000
Program Development	\$2,000,000
Facilities	\$1,000,000
Unrestricted Funds	\$1,000,000
TOTAL CHASS ACHIEVES! GOAL	\$12,000,000

JOIN OTHER ALUMS: SHOW YOUR SUPPORT

You've walked the walk. Now help pave it! Join your fellow alumni and purchase an engraved brick and become part of the new CHASS Walk of Honor.

Proceeds from brick purchases directly benefit your home department by providing much-needed funding for departmental needs, ranging from student support and guest speakers to costs associated with graduation.

Engraved commemorative bricks can be purchased for \$75. Each paver measures 4"x 8" with room for three lines of text. All brick purchases are tax deductible.

Walk of Honor pathways will be installed in front of the 1911 Building, Winston Hall, and the recently renovated Withers Hall. Be a part of the permanent NC State landscape and express your pride as a CHASS grad.



Use the envelope included with this magazine to order your brick. Or order at www.chass.ncsu.edu/bricks. Questions? Contact Kathy Whaley: 919.515.5973 or katherine_whaley@ncsu.edu.



ANNA PATTON

LEADER OF THE PACK

Anna Patton was named 2007-2008 Leader of the Pack during NC State's homecoming football game. The CHASS double major won for her contributions to the university: her leadership, scholarship, and community service.

The Leader of the Pack Program replaces NC State's traditional homecoming queen and king contest. Students compete through a rigorous process that includes grades, interviews, essays, speeches, campaigning, and finally, the votes of their peers.

Scholarship

The junior majoring in psychology and Spanish maintains a 4.0 GPA and has earned induction into Phi Kappa Phi and Phi Beta Kappa.

"I follow my passions for learning," Patton says. "I'm not as concerned about taking classes for a specific job." She takes that passion far outside the classroom. She studied in Peru last summer and says the experience was "incredible, breathtaking, and eye-opening."

Leadership

Patton developed some of her leadership skills through the Hugh Shelton Leadership Center based at NC State. She also volunteers countless hours with CSLEPS, the university's Center for Student Leadership, Ethics, and Public Service. And she has held a series of executive positions with NC State's Inter-Residence Council, the student advocacy group for the 8,000 NC State students who live on campus.

Patton is proud to be a founding sister of NC State's chapter of Delta Delta Delta, one of the country's oldest and most prestigious sororities. Tri Delta's membership roster includes Senator Elizabeth Dole and CBS news anchor Katie Couric.

Service

Patton has dreamed of serving in the Peace Corps since she was eight years old. She has traveled to the Dominican Republic on alternative spring break trips, twice as a participant, and this year, as a team leader. She spent her days working in an orphanage and teaching English in the community, and slept under a tarp strung with mosquito netting. Far from dampening her enthusiasm, the rough conditions reignited Patton's commitment to serve.

Through CSLEPS, Patton also helps out with university-wide community projects. "I would like nothing more than to work in student affairs as a career," she says. "My dream job would be to continue to work with students at NC State."

Leader of the Pack

Patton is paying her own way through college. "My parents have given so much to me. I wanted to put myself through college as a way to give back to them," she says.

Scholarships provide much-needed support. The Leader of the Pack honor came with a \$1,000 scholarship. She has also earned several CHASS awards: The William T. Kretzer Family Scholarship and the Jean F. Kilgore Scholarship.

Patton says her year as Leader of the Pack is proving to be a humbling experience. "It has been a huge honor for me," she says. "I take it very seriously that my peers and my university as a whole are looking to me as a role model for this campus. I hold myself to a higher standard because of it. Whether I'm in class or working in the CSLEPS office, I try to give it my very best, to remember that as a leader, I am meant to serve. I eat, sleep, and breathe the Wolfpack. How could I do less?"

John Tomlin (Com '74) and CHASS Dean Toby Parcel enjoyed the Wolfpack's 31-27 victory over the visiting Tarheels in November.



JOHN TOMLIN: MEDIA PIONEER

**“THE MOST IMPORTANT
THING ISN’T WHETHER
YOU CAN USE A CAMERA,
BUT WHETHER YOU CAN
TELL A STORY.”**

Controversy. Scandal. When viewers tuned into the television show *A Current Affair* in the late 1980s, they knew they’d be getting a healthy dose of both.

CHASS alumnus John Tomlin (Com '74) is largely responsible for the tabloid show that captivated audiences across the country. His successful television career, which was essentially hatched in the halls of CHASS, started with studying TV production in the Department of Communication. Tomlin remembers there were only a handful of classes available in those days—and he took all of them.

“The instructors used to take our classes to the local PBS station on Western Boulevard so we could see what it was like to work at a TV station,”

Tomlin says. “They would even pay us to work if a cameraman was out. It was a great opportunity—it meant we could learn in an environment where it was okay to make mistakes.”

Tomlin launched his television career in the late 1970s, working as a cameraman for New York-based news shows and earning two Emmys for his work. In the mid-1980s, he got his big break when Rupert Murdoch hired him for a show that would be modeled after *60 Minutes*. That show, as it turned out, was the deliciously salacious spectacle *A Current Affair*. Tomlin spent several years on the show before moving on to help start *Inside Edition*, and a series of tabloid TV productions soon followed: *The Judge Mills Lane Show*, *Shipmates*, and *Style Court*.

These days, Tomlin focuses less on tabloid fodder and more on emerging platforms for new media. He believes the future of television will be in receiving—and viewing—shows over the computer, so audiences have more control over what they watch and when. The technology won’t necessarily work for live events like political debates or breaking news, but it would certainly work for scripted shows.

“Now the challenge is creating shows for that medium,” Tomlin says. “It’s an evolving area, and it will continue to evolve as technology changes.”

One of Tomlin’s most recent projects is Vidocity, which he bills as an *Entertainment Tonight*-type production that’s available over the web. The show runs video stories on restaurants, theater, shopping and other types of entertainment, and it’s specific to New York—Tomlin’s current home base—so locals can access information relevant to where they live.

In addition to Vidocity, Tomlin hopes to launch a website for NASCAR fans. The content, he says, will revolve around video stories about crew chiefs as well as other insider information on the sport. While NASCAR may seem like a departure from Tomlin’s earlier projects, he’s actually taking one step closer to his North Carolina roots.

“I grew up in Concord,” he says. “I think I learned about NASCAR through osmosis.”

With his eye on television’s future, it’s interesting for Tomlin to reflect back on his years studying communication media in the 1970s—and to compare those years to how today’s students must adapt to changes in media.

“These days, anyone can have a blog—you can even go home and edit your own TV segment,” he says. “It’s important for a university to keep up with trends, but it’s also necessary to teach the basics. The most important thing isn’t whether you can use a camera, but whether you can tell a story. Most people aren’t born with that ability. It’s something you have to learn.”

And what about tabloid television? Have shows like *A Current Affair* slid off our radar forever? Tomlin doesn’t think so.



John Tomlin (at left), with Geraldo Rivera and two other producers, helped pioneer a new genre of tabloid news.

“There’s definitely still a market,” he says, citing new shows like *TMZ*. The difference, however, is that there are now more media outlets for tabloid productions. And that’s something Tomlin can get excited about.

“I love to see how kids interact with media these days,” he says. “It’s a lot different, but it seems so much freer.”

by Kristine Seawell

John Tomlin’s Highlight Reel

Sure, he started several red-hot TV shows—and watched the ratings climb. But what other moments made John Tomlin’s career memorable? He cites two favorites:

- > Shooting a documentary on an oil driller in the middle of the ocean. As Tomlin remembers it, he was on a boat for hours, it was dark, and he was tired. The situation got dicey when it was time to get on the oil rig, and he had to stand on the edge of a send-basket to be hauled up to the top of the towering structure. “I’ve never been woken up like that before,” he says.
- > Seeing a controversial (but important) show make it on the air. While he was at *Inside Edition*, Tomlin worked on an investigative story about recalled cars. One of his proudest moments is when he was able to cut through all the red tape—and the show finally made it on the air.



MELISSA MARR'S WICKED LOVELY WORLD

Melissa Marr (MA Eng, '97) lives in a fantasy world where faeries and mortals live side by side—but only sometimes in peace. It's a world of her own making and she shares it with huge numbers of readers and fans of all ages across the globe.

Marr's short stories and her debut novel, *Wicked Lovely* (HarperCollins, 2007), are enjoying enormous success in the United States and abroad. Marr's writing, involving "faerie intrigue, mortal love, and the clash of ancient rules and modern expectations," defies easy classification. Her work can be found on Fantasy, Romance, and Young Adult fiction shelves. "I write stories with things I like," she says. "Egalitarian ideals, folklore, unusual people, volition issues ... I used to agonize over questions about what genre I write. Now I just say, 'I write stories.'"

Whatever their classification, Marr's stories have captivated readers. *Wicked Lovely* spent its first three months on the *New York Times* bestseller list, where it climbed to #2. It made the *LA Times* bestseller list, was chosen as a 2007 Pick of the Decade by the Texas Library Association, and ranked second on Amazon's list of Best Books of 2007 for Teens, among other accolades. Internationally, the book was touted as "a future classic" in England and in Germany it debuted at #32 on *Spiegel* magazine's list.

Despite her national and international acclaim, Marr remains charmingly modest and personable. "In high school, I was voted 'most likely to end up in jail,'" she laughs. "In graduate school, I paid the bills with two jobs: teaching by day and bartending at a biker bar by night." The eclectic, free spirit loves traveling and tattoos.

During a recent national book tour, Marr squeezed in a visit to NC State, where she spoke with students in Professor John Kessel's undergraduate creative writing class. She piqued student interest by speaking about her writing process—including the fact that each of her characters has their own iTunes playlist—and gave NC State's aspiring writers insights into the business of publishing.

Marr, who taught English at NC State for four years after earning her Master's degree in literature, says she was thrilled to come back to campus. "I earned a degree, taught, met my spouse, and became a mother while at State. Few places have such a strong emotional pull for me."

Marr remembers working closely with Professors Tony Harrison and Mike Grimwood as a student. "Their literature classes, their extremely critical essay assessments, and their enlightening conversation made me a better writer and a more critical thinker." She also designed an English course during her time here, in conjunction with Professor Elaine Orr, titled "Girlhood Narratives" and marks that as the point "when I began seriously considering writing folklore-infused stories."

This spring, Marr is headed back out on tour in the United States and in Europe. Her next novel, *Ink Exchange*, is due out in April 2008. She's also working on her first manga series—a type of stylized Japanese comics—which TokyoPop will publish in 2009. And she maintains an active and interactive web site (www.melissa-marr.com) where she faithfully blogs, answers fan mail, and shares her zest for art and life.

by Matt Davis

DOES RAP MUSIC CAUSE SEXIST ATTITUDES?



Rap music is strongly associated with misogyny. But do song lyrics that debase women have the power to form women-hating attitudes? Or does rap music itself—words aside—awaken sexist attitudes that might otherwise lie dormant?

Political scientists Michael Cobb and William Boettcher have been gauging college students' responses to rap music to find the answers. Their research, "Ambivalent Sexism and Misogynistic Rap Music: Does Exposure to Eminem Increase Sexism?" appeared recently in the *Journal of Applied Social Psychology*.

"A lot of critics claim that rap music causes sexist beliefs," says Cobb. "But sexism is already deeply imbedded in our culture. We think such a direct cause-and-effect is unlikely."

Instead, their research indicates that even minimal exposure to rap music can activate and increase sexist associations, at least temporarily. "It's like hearing the word 'chocolate' and suddenly craving a candy bar," Cobb says. "Hearing the music can spontaneously activate pre-existing attitudes."

To study whether rap music causes sexism, Cobb and Boettcher assigned student volunteers to random groups. The researchers measured the control group's levels of sexism, but did not have them listen to any music. The second student group listened to *Sabotage*, by the Beastie Boys. The song is devoid of overtly sexist lyrics. The third group heard Eminem's *Kill You*, which describes hostility and violence toward women. The researchers measured the students' levels of sexism after listening to the music. The students were unaware of the study's true purpose.

The male students who listened to any rap music were more sexist than those in the control group, even when the rap lyrics

did not include sexist language. "Rap music may be associated with sexist attitudes and beliefs, regardless of the actual lyrical content," Cobb says. "So non-sexist rap can now have sexist implications. This gets back to our hypothesis that we don't think rap music causes sexism. How can rap that contains non-sexist lyrics cause someone to become sexist?"

"A LOT OF CRITICS CLAIM THAT RAP MUSIC CAUSES SEXIST BELIEFS, BUT SEXISM IS ALREADY DEEPLY IMBEDDED IN OUR CULTURE."

Finding that listeners to both kinds of rap music had higher levels of sexist attitudes is a cause for concern, Cobb says. But it is a concern that calls for more research into understanding the relationship between the origins of music and the expressed attitudes.

Cobb concludes that priming latent sexism is not the same thing as causing it. "At worst, rap music might exacerbate pre-existing tendencies, but so too can other genres of music and varied forms of entertainment. There is not much evidence in our study to support an argument in favor of censorship."



Afreen Allam (above), a junior majoring in microbiology and biochemistry, hopes to become a physician or medical researcher. The Department of Foreign Languages and Literatures is preparing Allam and other future medical practitioners to communicate with Spanish-speaking clients. Outside their Spanish for Health Professionals class, the students volunteer as translators at free Latino community health clinics. They translate information about nutrition, diabetes, and other health topics and learn first-hand how the clinics are organized. In the process, Allam and others are inspired to volunteer more.

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